

Full Report (All Nutrients) 20082, Wheat flour, white, all-purpose, self-rising, enriched

Report Date: October 24, 2015 22:02 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta**Carbohydrate Factor: 4.12 Fat Factor: 8.37 Protein Factor:4.05 Nitrogen to Protein Conversion Factor:5.7**

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 cup 125g
----------	------	----------------------	-------------	------------	---------------

Proximates

Water	g	10.59	34	0.196	13.24
Energy	kcal	354	--	--	442
Energy	kJ	1481	--	--	1851
Protein	g	9.89	37	0.149	12.36
Total lipid (fat)	g	0.97	29	0.036	1.21
Ash	g	4.33	32	0.045	5.41
Carbohydrate, by difference	g	74.22	--	--	92.78
Fiber, total dietary	g	2.7	--	--	3.4
Sugars, total ¹	g	0.22	1	--	0.28

Minerals

Calcium, Ca	mg	338	30	9.355	422
Iron, Fe	mg	4.67	7	0.140	5.84
Magnesium, Mg	mg	19	5	0.299	24
Phosphorus, P	mg	595	14	38.500	744
Potassium, K	mg	124	11	5.756	155
Sodium, Na	mg	1193	--	--	1491
Zinc, Zn	mg	0.62	5	0.095	0.78
Copper, Cu	mg	0.112	5	0.009	0.140
Manganese, Mn	mg	1.000	1	--	1.250
Selenium, Se	µg	34.4	--	--	43.0

Vitamins

Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.674	34	0.010	0.842

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 125g
Riboflavin	mg	0.414	34	0.011	0.518
Niacin	mg	5.832	43	0.204	7.290
Pantothenic acid	mg	0.438	--	--	0.548
Vitamin B-6	mg	0.050	1	--	0.062
Folate, total ²	µg	196	3	14.075	245
Folic acid ²	µg	158	3	18.248	198
Folate, food ²	µg	38	3	5.840	48
Folate, DFE	µg	307	--	--	384
Choline, total	mg	10.4	--	--	13.0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	18	--	--	22
Vitamin E (alpha-tocopherol) ²	mg	0.05	1	--	0.06
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta ²	mg	0.04	1	--	0.05
Tocopherol, gamma ²	mg	0.32	1	--	0.40
Tocopherol, delta ²	mg	0.00	1	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.3	--	--	0.4
Lipids					
Fatty acids, total saturated	g	0.154	--	--	0.192
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 125g
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.147	--	--	0.184
18:0	g	0.007	--	--	0.009
Fatty acids, total monounsaturated	g	0.086	--	--	0.108
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.086	--	--	0.108
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.410	--	--	0.512
18:2 undifferentiated	g	0.388	--	--	0.485
18:3 undifferentiated	g	0.022	--	--	0.028
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.121	--	--	0.151
Threonine	g	0.269	--	--	0.336
Isoleucine	g	0.342	--	--	0.428
Leucine	g	0.680	--	--	0.850
Lysine	g	0.219	--	--	0.274
Methionine	g	0.175	--	--	0.219
Cystine	g	0.210	--	--	0.262
Phenylalanine	g	0.498	--	--	0.622
Tyrosine	g	0.298	--	--	0.372
Valine	g	0.397	--	--	0.496
Arginine	g	0.399	--	--	0.499
Histidine	g	0.220	--	--	0.275
Alanine	g	0.317	--	--	0.396
Aspartic acid	g	0.416	--	--	0.520

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 125g
Glutamic acid	g	3.330	--	--	4.162
Glycine	g	0.356	--	--	0.445
Proline	g	1.146	--	--	1.432
Serine	g	0.494	--	--	0.618
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹*Nutrient Data Laboratory, ARS, USDA Variability of the sugar content of foods, 1989* Beltsville MD

²*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 2b, 1999* Beltsville MD